

A collage of tobacco-related items. In the top left is a large, dark, textured gear. To its right is a circular tin labeled 'LONG CUT SNUFF'. A cigar with a white band and a lit end is positioned diagonally across the upper middle. Below the cigar is a smoking pipe. In the bottom left is a lit cigarette. On the right side, a close-up of a person's face is shown, with their hand near their mouth. A large, stylized number '8' is overlaid on the lower half of the image.

# **Tobacco Cessation Directory**

**Tennessee Department of Health  
Tobacco Use Prevention &  
Control Program**

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# Purpose of This Directory

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This directory is intended to provide a list of tobacco cessation resources offered in Tennessee for smokers, health care providers, and friends or family members of tobacco users. This document includes a wide range of options for people attempting to quit tobacco, including: cessation classes, support groups, hypnosis, acupuncture, and internet resources at the local, state and national level. However, resources included in this directory are not endorsed by the Tennessee Department of Health. Techniques that may work for one person may not work for another. Please consult your doctor to determine the method best suited for your needs.

If you have any questions, suggestions, knowledge of new programs, or programs that are not included in this directory, please call your local health department and speak to a Tobacco Use Prevention and Control Program Coordinator.





# Tennessee Tobacco QuitLine

*Telephone help and referral for quitting tobacco*

Tennessee Tobacco QuitLine

1-800-QUIT-NOW

[1-800-784-8669]

<http://health.tn.gov/tobaccoquitline.htm>

The Tennessee Tobacco QuitLine is a free telephone-based, web-based and proactive counseling services in English and Spanish available to help smokers and spit tobacco users quit using tobacco.

The Quitline serves Tennessee residents who are tobacco users, in any stage of readiness to quit, family and friends (proxy callers), health care providers, other professionals, and the general public. Information, counseling services, tailored materials and referrals are offered. A TDD line, 1-877-559-3816, is available to provide services to the hearing impaired. Automatic call answering extensions are used to channel callers to specific services or staff. Live call center response is provided Monday through Friday, 7:00am - 10:00pm CST, Saturday 8:00am - 5:00pm CST and Sunday 10:00am - 4:00pm CST. Recorded information and voice mail is available when the call center is closed. For more information regarding the Tennessee Tobacco QuitLine, visit <http://health.tn.gov/tobaccoquitline.htm>.

The Tennessee Tobacco QuitLine also offers a unique clinical support service for health care providers interested in increasing tobacco quit attempts among their patients. Through the Tennessee Tobacco QuitLine's Fax Referral Service, health care providers can refer their patients to the free telephone based cessation program by following these simple steps:

- Ask the patient about his/her tobacco use.
- Advise the patient to quit.
- Assess the patient's readiness to quit.
- If the patient is ready to quit,
  1. prescribe nicotine replacement pharmacotherapy, and
  2. complete the Tennessee Tobacco QuitLine fax referral form.
  3. Fax the fax referral form to the Tennessee Tobacco QuitLine's fax referral service at 1-800-646-1103.

Referral forms can be downloaded from  
<http://health.tn.gov/tobaccoquitline.html>.

For more information on the Tennessee Tobacco QuitLine Fax Referral Service, visit:

[http://health.tn.gov/Downloads/tqL\\_faxreferralbrochure.pdf](http://health.tn.gov/Downloads/tqL_faxreferralbrochure.pdf).



# Local Resources

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## Local Health Department Services

Talk with your medical health care provider about options for tobacco cessation treatment. If you do not have a primary care provider or lack health insurance coverage in general, or coverage specifically for tobacco cessation treatment, then we encourage you to contact your local health department.

Some local health departments are offering low cost help to quit smoking. Counseling services and cessation products are free to Medicaid/TennCare patients.

For a listing of the county health departments in Tennessee, visit: <http://health.tn.gov/localdepartments.htm>.

# Local Resources

## Northeast Region

**Program:** Smoking and Tobacco Cessation

**Organization:** ETSU Family Medical Clinic

**Address:** 917 W. Walnut Street  
Johnson City, TN 37601

**Phone:** 423-439-6464

**Program Fees:** No fee.

**Program Description:** Program to support those in need of assistance with cessation of tobacco use, smoking, and nicotine addiction.

**Intended Audience:** Patients or Employees Only

**Meeting Information:** Please call to register and to find out current dates and times.

**Program:** "Beat the Tobacco Habit"  
Smoking Cessation Program

**Organization:** Health Resource Center

**Address:** The Mall at Johnson City  
2011 North Roan Street  
Johnson City, TN 37601

**Phone:** 423-915-5200

**Email:** hrc02@msha.com

**Program Fees:** Free Introductory Orientation.  
\$45.00 for 4 week series.  
Some scholarships available.

**Program Description:** Start to live tobacco free by learning of methods available to beat the tobacco habit.  
Information on medications, income-based programs, and peer support get participants on the road to a tobacco free life.

**Meeting Information:** Call to register for a spot in the Introductory Orientation

**Program:** Smoking and Tobacco Cessation

**Organization:** American Cancer Society

**Address:** 508 Princeton Road,  
Suite 102  
Johnson City, TN 37601

**Phone:** 423-926-2921

**Website:** [www.cancer.org](http://www.cancer.org)

**Program Fees:** Free

**Program Description:** ACS has many tobacco and smoking brochures which can be picked up at the local chapter. ACS supports the TN Quitline which is 1-800-QUIT-NOW. ACS also provides employer-based solutions like Freshstart and Great American Smokeout Kits. Call to receive information on all of their programs.

**Program:** Acupuncture

**Organization:** The Oaks Castle Clinic

**Contact:** Dr. Tuan Zhu Ha

**Address:** 1416 South Roan Street  
Johnson City, TN 37601

**Phone:** 423-979-6257

**Program Fees:** \$110.00 for consultation and 1st visit and \$75.00 for each additional session.

# Local Resources

## Northeast Region (continued)

**Program Description:** Treatment with acupuncture and herbs are very individualized, taking into account all aspects of health. How many treatments a person needs varies depending on the medical condition.

**Meeting Information:** Call for any additional information and to schedule an appointment.

**Program:** Acupuncture  
**Organization:** New Paradigms Health Care  
**Contact:** Patricia Danda, M.Ac.O.M., L.Ac.  
NCCAOM Board Certified

**Address:** 113 East Unaka Avenue  
Johnson City, TN 37601

**Phone:** 423-928-9394

**Program Fees:** \$40.00 per treatment. Clients are encouraged to receive treatment for 2 to 3 weeks for best results. Herbs recommended.

**Program Description:** Treatment with acupuncture and herbs are very individualized, taking into account all aspects of health. How many treatments a person needs varies depending on the medical condition.

**Meeting Information:** Call for more information.

**Program:** Acupuncture  
**Contact:** Serina M. Scott, L.Ac., Dipl. Ac.  
NCCAOM Board Certified  
**Address:** 140 Temple Road  
Rogersville, TN 37857

**Phone:** 423-736-2089

**Program Fees:** 1st session: \$90.00 for 1.5 hours. Subsequent sessions: \$65.00 for 1 hour. Sliding fee scale is available. Prices of herbs vary based on formula.

**Program Description:** Treatment with acupuncture and herbs are very individualized, taking into account all aspects of health. How many treatments a person needs varies depending on the medical condition.

**Meeting Information:** Call for any additional information and to schedule an appointment.

**Program:** Smoking and Tobacco Cessation

**Organization:** First Broad Street United Methodist Church  
Parish Nurse Program

**Address:** 100 East Church Circle  
Kingsport, TN 37662

**Phone:** 423-224-1512

**Website:** [www.fbsumc.org](http://www.fbsumc.org)

**Program Fees:** No fee

**Program Description:** Program supports those in need of assistance with cessation of tobacco use, smoking, and nicotine addiction. One-on-one support is provided.

# Local Resources

## Northeast Region (continued)

**Program:** Smoking and Tobacco Cessation

**Organization:** Wellcare Health Promotion

**Address:** 1004 Executive Park Blvd,  
Suite 3  
Kingsport, TN 37660

**Phone:** 423-723-6877

**Program Fees:** The class is available to the public for \$30.00 or it is free for Wellmont Health System employees and thir spouses.

**Program Description:** Classes meet one evening for one hour a week for six weeks. Program supports those in need of assistance with cessation of tobacco use, smoking, and nicotine addiction.

**Meeting Information:** Call for more information and to register for class

**Program:** Hypnotherapy

**Organization:** Tri-Cities Therapy and Counseling

**Contact:** Jody C. Johnston, M.A.,  
NBCCH-PS, LPC-MHSP

**Address:** 2319 Browns Mills Road,  
Suite C  
Johnson City, TN 37604

**Phone:** 423-943-5550

**Website:** [www.tricitiestherapy.com](http://www.tricitiestherapy.com)

**Program Fees:** \$350 for 3 one-hour sessions

**Program Description:** Working with a wide variety of issues for individuals and

couples, but not limited to the following: Weight Management, Smoking Cessation, Mental Health, Coping Mechanisms, Stress Relief, Insomnia, Headache Management, Coping with Anxiety and Phobias, etc.

**Meeting Information:** Call for information and to schedule an appointment.

**Program:** Tennessee Intervention for Pregnant Smokers (TIPS)

**Organization:** ETSU OB/GYN

**Address:** 325 North State of Franklin Road  
Johnson City, TN 37604

**Phone:** 423-439-7272

**Program Fees:** No fee

**Program Description:** TIPS provides education, support, guidance and referral information to health care providers, the community, and interested women to help pregnant and early postpartum women quit smoking, minimize their secondhand smoke exposure, and stay smoke-free! Along with the guidance of health care providers, TIPS strives to help pregnant and early postpartum women and their babies become healthy individuals. Program has onsite TIPS Case Managers to work with pregnant patients.

**Meeting Information:** Call for more information.



# Local Resources

## Northeast Region (continued)

**Program:** Tennessee Intervention for Pregnant Smokers (TIPS)  
**Organization:** Mountain City Extended Hours Health Center  
**Address:** 1901 South Shady Street  
Mountain City, TN 37683  
**Phone:** 423-727-1150  
**Program Fees:** No fee

**Program Description:** TIPS provides education, support, guidance and referral information to health care providers, the community, and interested women to help pregnant and early postpartum women quit smoking, minimize their secondhand smoke exposure, and stay smoke-free! Along with the guidance of health care providers, TIPS strives to help pregnant and early postpartum women and their babies become healthy individuals. Program has onsite TIPS Case Managers to work with pregnant patients.

**Meeting Information:** Sessions are held at the Extended Hours Health Center at the Johnson County Community Hospital. Call for additional information and to schedule an appointment.

**Program:** Tennessee Intervention for Pregnant Smokers (TIPS)  
**Organization:** Johnson City OB/GYN

**Address:** 408 North State of Franklin Road, Suite 11  
Johnson City, TN 37604  
**Phone:** 423-928-3266  
**Program Fees:** No fee  
**Program Description:** TIPS provides education, support, guidance and referral information to health care providers, the community, and interested women to help pregnant and early postpartum women quit smoking, minimize their secondhand smoke exposure, and stay smoke-free! Along with the guidance of health care providers, TIPS strives to help pregnant and early postpartum women and their babies become healthy individuals. Program has onsite TIPS Case Managers to work with pregnant patients.  
**Meeting Information:** Call for more information.

**Program:** Tennessee Intervention for Pregnant Smokers (TIPS)  
**Organization:** Johnson City Downtown Clinic  
**Address:** 207 East Myrtle Avenue  
Johnson City, TN 37604  
**Phone:** 423-926-2500  
**Program Fees:** No fee  
**Program Description:** TIPS provides education, support, guidance and referral information to health care providers, the community, and interested women

# Local Resources

## Northeast Region (continued)

to help pregnant and early postpartum women quit smoking, minimize their secondhand smoke exposure, and stay smoke-free! Along with the guidance of health care providers, TIPS strives to help pregnant and early postpartum women and their babies become healthy individuals. Program has onsite TIPS Case Managers to work with pregnant patients.

**Meeting Information:** Call for more information.

**Program:** Tennessee Intervention for Pregnant Smokers (TIPS)

**Organization:** ETSU Family Medicine Associates

**Address:** 917 West Walnut Street  
Johnson City, TN 37604

**Phone:** 423-439-6464

**Program Fees:** No fee

**Program Description:** TIPS provides education, support, guidance and referral information to health care providers, the community, and interested women to help pregnant and early postpartum women quit smoking, minimize their secondhand smoke exposure, and stay smoke-free! Along with the guidance of health care providers, TIPS strives to help pregnant and early postpartum women and their babies become

healthy individuals. Program has onsite TIPS Case Managers to work with pregnant patients.  
**Meeting Information:** Call for more information.

**Program:** Smoking Cessation Classes and Counseling

**Organization:** East Tennessee State University

**Address:** University Health Clinic  
160 Roy S. Nicks Hall  
Johnson City, TN 37614

**Phone:** 423-439-4225

**Program Fees:** Classes and counseling are offered on a sliding fee scale and for most are free. These classes and services are only for enrolled students at ETSU.

**Program Description:** Program and classes support those ETSU students in need of assistance with cessation of tobacco use, smoking, and nicotine addiction.

**Meeting Information:** Call for more information.

# Local Resources

## East Tennessee Region

**Program:** Tobacco Cessation  
**Organization:** Methodist Medical Center  
[Anderson County]  
**Address:** 990 Oak Ridge Turnpike  
Oak Ridge, TN 37831  
**Phone:** 865-835-4662  
**Program Fees:** Call for information  
**Program Description:** Call for information.

**Program:** Tobacco Cessation  
**Organization:** LaFollette Medical Center  
Tennova  
[Campbell County]  
**Contact:** Mike Campbell  
Carl.Campbell@hma.com  
**Address:** 923 East Central Avenue  
LaFollette, TN 37766  
**Phone:** 423-907-1533  
423-907-1219 [fax]  
**Program Fees:** No fee.  
**Program Description:** Call for information.

**Program:** Breathe Free: Tobacco  
Cessation  
**Organization:** Live Well  
[Campbell County]  
**Address:** Wilkens Medical Group  
PO Box 447  
Jellico, TN 37762  
**Contact:** Kerri B.  
kerrib@wilkensmedicalgroup.com  
**Phone:** 423-784-4170  
**Program Fees:** Call for information.  
**Program Description:** This user-friendly, research-  
based program gives support  
through all three stages of  
smoking cessation:  
preparation, breaking free and  
maintenance. It is designed to  
develop a vision of personal  
choice, individual

responsibility, freedom to act,  
and power to escape addiction.

**Program:** Smoking Cessation  
**Organization:** Community Health of East  
Tennessee  
[Campbell County]  
**Contact:** Shan Ray  
SRay@chetn.org  
**Address:** 502 West Central Avenue  
LaFollette, TN 37766  
**Phone:** 423-562-1705  
**Program Fees:** Fees vary upon insurance  
coverage. A sliding fee  
discount is available for  
uninsured/underinsured.  
**Program Description:** Smoking Cessation Program  
Services

**Program:** Tobacco Cessation  
**Organization:** Cherokee Health Systems  
[Union County]  
**Contact:** Robert Mindrup  
Robert.Mindrup@cherokeehealth.com  
**Address:** 4330 Maynardville Highway  
Maynardville, TN 37807  
**Phone:** 865-992-3849  
865-992-6150 [fax]  
**Program Fees:** Call for information.  
**Program Description:** Call for information.

**Program:** Freedom From Smoking  
**Organization:** University of Tennessee  
Medical Center  
[Knox County]  
**Contact:** Georgette Samaras  
**Address:** 1520 Cherokee Trail, G40  
Knoxville, TN 37920  
**Phone:** 865-305-8577  
**Program Fees:** Call for information.  
**Program Description:** Call for information

# Local Resources

## Upper Cumberland Region

|                             |  |
|-----------------------------|--|
| <b>Program:</b>             | Quit 4 Life Smoking<br>Cessation Support Group   |
| <b>Organization:</b>        | Cookeville Regional Medical<br>Center – Algood Room in<br>cafeteria  |
| <b>Contact:</b>             | Randy Todd   |
| <b>Address:</b>             | 142 West 5th Street<br>Cookeville, TN 38501  |
| <b>Phone:</b>               | 931-528-5176   |
| <b>Program Fees:</b>        | No fee.  |
| <b>Program Description:</b> | Follows the American Lung<br>Association's Freedom From<br>Smoking Curriculum.<br>Facilitators of the program are<br>all experienced ex-smokers. |
| <b>Duration:</b>            | On-going, individuals may<br>begin at anytime and attend as<br>long as they wish. Call for<br>more information.                                  |



# Local Resources

## Mid-Cumberland Region

**Program:** Stop Smoking Hypnosis  
**Organization:** Murfreesboro Hypnosis Center  
**Contact:** Benjamin D. DeFoor CH  
**Address:** 319 W. McKnight Dr. Suite 8  
Murfreesboro, TN 37129  
**Phone:** 615-545-6363  
**Program Fees:** \$120.00 - Per Session  
\$320.00 - 3 Sessions  
\$400.00 - 4 Sessions  
\$480.00 - 5 Sessions  
Future sessions after the initial sessions are offered at a reduced price.  
**Program Description:** Stop Smoking is 3 sessions. Call for more information.

**Program:** Smoking Cessation Classes  
**Organization:** Middle Tennessee State University – Student Services  
**Contact:** Lisa Thomason Schrader  
**Address:** 1301 East Main Street  
Murfreesboro, TN 37132  
**Phone:** 615-494-8704  
**Program Fees:** Free to MTSU students, faculty and staff  
**Program Description:** For individuals who desire more direct coaching, smoking cessation classes are available through Health Promotion. The class requires four sessions with a health educator or trained student facilitator.

**Program:** Personal Quit Kits  
**Organization:** Middle Tennessee State University – Student Services  
**Contact:** Lisa Thomason Schrader  
**Address:** 1301 East Main Street  
Murfreesboro, TN 37132  
**Phone:** 615-494-8704  
**Program Fees:** Free to MTSU students, faculty and staff  
**Program Description:** Health Promotion produces take home kits with information and materials to help a person quit smoking. The kits are available in the Health Promotion office (REC 1106).

**Program:** Smoking Cessation  
**Organization:** Middle Tennessee Medical Center – Wellness Center  
**Contact:** Rose Ann Mosey  
**Address:** 611 East Bell Street  
Murfreesboro, TN 37130  
**Phone:** 615-896-0290  
**Fax:** 615-896-1610  
**Program Fees:** \$25 for 1 1/2 hour session  
**Program Description:** MTMC provides a one and a half hour session with a trained staff member to introduce materials for smoking cessation. The session includes watching 2 DVD's (Getting Ready to Quit and Staying Quit) that prepare the smoker for cessation, print materials, nutrition information to prevent weight gain and information on stress. Sessions are provided by appointment only.

**Program:** Freedom From Smoking  
**Organization:** Williamson Medical Center  
**Address:** 4321 Carothers Parkway  
Franklin, TN 37067  
**Phone:** 615- 791-CARE  
**Program Fees:** \$75.00 for 8 week series  
**Program Description:** This eight week course utilizes the American Lung Association's Freedom from Smoking program, providing support and individualized attention for people who want to quit smoking. Upon completion of the course, participant receives \$50.00 refund. Otherwise, the \$50.00 is donated to the American Lung Association. All class sessions meet on Tuesday evening in Meeting Room B with the exception of the 5th session. The 5th session will meet on Thursday evening in classroom G-3. Call 24/7 for information regarding this program.

# Local Resources

## Southeast Region

**Program:** STOP Program (Stop Tobacco and Other Products)  
**Organization:** Skyridge Medical Center  
2305 Chambliss Ave., N.W.  
Cleveland, TN 37311  
**Contact:** John Smeltzer  
Clinical Coordinator,  
Respiratory Therapist  
**Phone:** Office  
423-559-6177  
Smoking Cessation line  
423-559-6765

**Program Fees:** \$25  
**Program Description:** Stop Tobacco and Other Products is a 5-week cessation program that can have anywhere from 1-15 people. Call for information and to register.

**Program:** Tobacco Cessation  
**Organization:** YMCA  
**Phone:** 423-902-8385  
**Program Fees:** Call for more information  
**Program Description:** Individual or group sessions  
Instructors: Agnes Colon  
Brian Dvorak

**Program:** Breathe Free Plan to Stop Smoking  
**Organization:** Seventh-Day Adventist Church sponsors it at the Rhea Co. Medical Center, 7900 Rhea Co. Hwy. Dayton, TN 37321  
**Contact:** Mrs. Rowena Steck  
**Phone:** 423-570-9501 or 423-755-2535  
**Program Fees:** Call for more information.  
**Program Description:** Call for more information.

**Organization:** Advent Home Youth Services, Inc  
McMinn County  
**Contact:** Elsie Owens  
**Phone:** 423-336-3131  
423-336-5052 ext. 222  
**Program Fees:** Call for more information  
**Program Description:** Call for more information

# Local Resources

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## South Central Region

|                             |   |
|-----------------------------|---|
| <b>Program:</b>             | "Break the Habit"                                 |
| <b>Organization:</b>        | Maury Regional Hospital                           |
| <b>Contact:</b>             | Sharron Dobbins                                   |
| <b>Address:</b>             | 1224 Trotwood Avenue<br>Columbia, TN 38401        |
| <b>Phone:</b>               | 931-490-7076                                      |
| <b>Program Fees:</b>        | Participants required to<br>purchase class guide. |
| <b>Program Description:</b> | Call for a schedule.                              |

# Local Resources

## West Tennessee Region

**Program:** Quit Assist  
**Organization:** Montgomery Family Health Center  
**Contact:** Charlotte Montgomery  
**Address:** 727 South Main Street  
Middleton, TN 38052  
**Phone:** 731-376-2804  
**Program Fees:** Call for information.  
**Program Description:** One-to-one counseling.

**Program:** Commit to Quit  
**Organization:** Health Quest  
**Contact:** Lorraine Gossett  
**Address:** 709 Reelfoot Avenue -Baptist Memorial Hospital  
Union City, TN 38261  
**Phone:** 731-884-0110  
**Program Fees:** \$20  
**Program Description:** "Commit to Quit" consists of 4 one-hour sessions. Classes begin with studying your smoking habit and developing a "plan" to quit. Classes will examine individual smoking triggers and habits and will guide participants through the smoking cessation process using behavior modification and group support.

**Program:** Smoking Cessation Class  
**Organization:** Lauderdale Community Hospital  
**Address:** 326 Ashbury Avenue  
Ripley TN, 38063  
**Phone:** 731-221-2404  
**Program Fees:** Program is free, but registration is a must.  
**Description:** To help and assist current smokers kick the habit. This program is open to all residents of Lauderdale County



# Local Resources

## Metropolitan Knox County

**Program:** Tobacco Cessation  
Smoke-Free Knoxville  
**Website:** [www.smokefreeknoxville.com](http://www.smokefreeknoxville.com)  
**Program Description:** A listing of all current smoking cessation classes in Knox County is updated and posted on [www.smokefreeknoxville.com](http://www.smokefreeknoxville.com). New classes are added as they are announced.

**Program:** Smoking Cessation Classes  
[Freedom From Smoking]  
**Organization:** University of Tennessee  
Cancer Institute  
**Phone:** 865-305-8577  
**Program Fees:** Please call for details.  
**Program Description:** UT Cancer Institute holds smoking cessation classes using the Freedom From Smoking curriculum. Please call for more information or to register for a class.

**Program:** Smoking Cessation Classes  
[Freedom From Smoking]  
**Organization:** Covenant Health  
**Phone:** 865-541-4500  
**Program Fees:** Please call for details.  
**Program Description:** Parkwest Medical Center holds smoking cessation classes using the Freedom From Smoking curriculum. Please

call for more information or to register for a class.

**Program:** Smoking Cessation Classes  
[Freedom From Smoking]  
**Organization:** Mercy Medical Center  
**Phone:** 877-599-9355  
**Program Fees:** Please call for details.  
**Program Description:** Mercy Medical Center holds smoking cessation classes using the Freedom From Smoking curriculum. Please call for more information or to register for a class.

# Local Resources

## Metropolitan Hamilton County

**Program:** Tobacco Free Chattanooga  
**Organization:** Hamilton County Health Department  
**Contact:** Paula Collier, M.S., Tobacco Prevention Coordinator  
**Phone:** 423-209-8285  
**Website:** [www.tobaccofreechattanooga.org](http://www.tobaccofreechattanooga.org)  
**Program Description:** Tobacco Free Chattanooga is a source of policy, cessation, prevention and education resources, provide a forum for concerns, and lead action to change local and state tobacco policies.

**Program:** Group Cessation Classes  
**Contact:** Jay Collum, Cessation Specialist  
[jaychatt@comcast.net](mailto:jaychatt@comcast.net)  
**Phone:** 423-304-7680  
**Program Description:** Cessation classes for groups in workplaces, churches, civic groups or other settings.

**Program:** BecomeAnEx Interactive Web Support  
**Website:** [www.BecomeAnEx.org](http://www.BecomeAnEx.org)  
**Program Fees:** No fee  
**Program Description:** Get a free plan to relearn life without cigarettes using online resources, blogs and articles.

**Program:** Tennessee Tobacco Quitline  
**Phone:** 1-800-QUIT-NOW  
(1-800-784-8669)  
1-877-559-3816 for hearing impaired  
**Website:** <http://health.tn.gov/tobaccoquitline.shtml>  
[tnquitline.com](http://tnquitline.com)  
**Program Description:** Obtain a Quit Kit, work with an assigned Quit Coach and learn to deal with cravings.

**Program:** Freedom From Smoking  
**Website:** [www.ffsonline.org](http://www.ffsonline.org)  
**Program Description:** The American Lung Association's online resource is based on the premise that smoking is a learned behavior. The format gives information through modules for tracking personal habits, developing coping strategies and practicing being smokefree.

# Local Resources

## Metropolitan Davidson County

**Program:** Tennessee Tobacco Quitline  
**Phone:** 1-800-QUIT-NOW  
(1-800-784-8669)

**Website:** www.tnquitline.com

**Program Description:** Callers to the quitline can receive a free tobacco quit kit, work with a free quit coach, and learn to deal with their cravings and challenges.

**Program:** Vanderbilt Dayani Center  
**Organization:** Vanderbilt Hospital  
**Contact:** Barbara Forbes  
**Address:** 1500 22nd Avenue South

Nashville, TN 37232

**Phone:** 615-343-7309

**Program Description:** Four group sessions per year. Eight classes per session. This is a behaviorally-based program incorporating relapse prevention. Individual and group-based program tailoring and follow-up is available. Medication used, nurse practitioner prescribed.

**Program:** Pulmonary Services  
Department

**Organization:** St. Thomas Hospital  
**Address:** 4220 Harding Road  
Nashville, TN 37205

**Phone:** 615-222-6506  
or 1-888-603-6506

**Program Fees:** \$103.00

**Program Description:** One-on-one counseling for 3

sessions. Call for more information.

**Program:** Nicotine Anonymous (NICA)

**Website:** www.nicotine-anonymous.org

**Email:** info@nicotine-anonymous.org

**Program Description:** A twelve step program of recovery. Meetings take place in Nashville.

**Program:** Meharry Medical College  
Cessation Classes

**Organization:** Meharry Medical College

**Contact:** Dr. Williams

**Address:** 1005 Dr., D.B. Todd  
Boulevard

Nashville, TN 37208

**Phone:** 615-327-6385

**Program Description:** Individuals are seen by appointment only. The Tobacco Cessation Clinic is only open on Thursdays.

**Program:** American Lung Association's  
"Freedom From Smoking"

**Organization:** Centennial Medical Center  
Summit Medical Center

**Contact:** Barbara Forbes

**Address:** Call Medline to find out when and where the next series of "Freedom From Smoking" classes take place.

**Phone:** 1-800-242-5662  
or 615-342-1919

**Program Fees:** \$50.00 fee [non-refundable]

# Local Resources

## Metropolitan Davidson County (continued)

**Program Description:** "Freedom From Smoking" is a highly structured and comprehensive behavior modification approach to smoking cessation in a group support setting. The program is based on the premise that smoking is a learned behavior. The seven-session format provides for tracking personal habits, developing coping strategies and practicing in a supportive environment with others who are experiencing the same feelings and challenges.



# Local Resources

## Sullivan County Region

**Program:** Nicotine-Free Mountain Empire  
**Address:** 214 Commerce Street  
Kingsport, TN 37662  
**Contact:** Delores Bertuso  
**Phone:** 423-246-2017  
**Program Fees:** No fee.  
**Program Description:** "Nicotine-Free Mountain Empire" consists of health care professionals and volunteers committed to reducing youth tobacco use in our region.

**Program:** "Helping Smokers Quit"  
**Organization:** Mountain States Health Alliance  
**Contact:** Health Resource Center  
**Phone:** 423-915-5200  
**Program Fees:** No fee  
**Program Description:** 1 hour presentation

**Program:** "Tobacco Free is the Way to Be"  
**Organization:** Mountain States Health Alliance  
**Contact:** Health Resource Center  
**Phone:** 423-915-5200  
**Program Fees:** \$15.00 for 2 hour class

**Program:** Worksite Cessation Programs  
**Organization:** Mountain States Health Alliance  
**Contact:** Health Resource Center  
**Phone:** 423-915-5200  
**Program Description:** 1-2 hr classes or an educational and support group series of multiple sessions dependent on worksite needs and work schedule.

**Program:** Kick it 4 Good  
**Organization:** Holston Medical Group  
**Contact:** Dr. Deborah Reiff  
**Phone:** 423-578-1588  
**Program Description:** Program is open to anyone [not just HMG patients]. A combination of group sessions are used [coordinated thru various businesses] and individual appointments for a comprehensive approach. The program follows all the current guidelines for smoking cessation.

# Local Resources

## Metropolitan Memphis Shelby County

**Program:** Fresh Start & Make Yours a Fresh Start Family

**Organization:** American Cancer Society

**Address:** 1378 Union Avenue  
Memphis, TN 38104

**Phone:** 901-278-2091

**Program Fees:** No fee

**Program Description:** Provides information and self-help materials to callers (for pregnant women and new mothers) Services: Group Counseling Duration: Four One-hour Sessions

**Website:** <http://www2.cancer.org/tn.gov> [American Cancer Society in Tennessee]

**Program:** Commit to Quit

**Organization:** Church Health Center Wellness

**Contact:** Daniel Cole

**Address:** 1115 Union Avenue  
Memphis, TN 38104

**Phone:** 901-259-4673 Ext. 1604

**Program Fees:** Free for Church Health Center Clinic patients and members of Hope and Healing Center. \$60 for the community.

**Program Description:** Group Counseling 6 weeks; one, one-hour sessions per week. Smokeless tobacco users are welcome. Tuesdays @

**Website:** <http://www.churchhealthcenter.org/>

**Program:** Smoking Cessation, Train the Trainer

**Organization:** Concern EAP (Employee Assistance Program)

**Contact:** Judy Bookman

**Address:** 2670 Union Extd., Suite 610,  
Memphis, TN 38112

**Phone:** 901-458-4000

**Program Fees:** Call for details

**Program Description:** Group model: seven sessions model to be used with or without smoking cessation aids; program uses re-education approach to help people quit: seven week class.

**Program:** The Change Research Study

**Organization:** University of Tennessee Health Science Center at Memphis

**Contact:** Beverly Goodwin Sousoulas

**Address:** 822 Beale Street, Room 330  
Memphis, TN 38163

**Phone:** 901-448-8400

**Program Fees:** No fee.

**Program Description:** Cigarette smokers who are 18 years of age or older, in relatively good health, who self-report smoking at least 10 cigarettes a day, and who are willing to

# Local Resources

## Metropolitan Memphis Shelby County (continued)

accept random assignment are eligible to participate. Participants must agree to commit to the study for at least 24 months following screening. Approximate length of time for subjects to participate in this study is 309 hours over 14 months. Participants who finish the study will receive \$100 [\$24 for each completed clinic study visit]. The payment is compensation for time and travel spent to participate in this study, which is sponsored by the National Heart, Lung and Blood Institute.

**Program:** Smoking Cessation Program  
**Organization:** VA Medical Center  
**Address:** 1030 Jefferson Avenue  
Memphis, TN 38104  
**Phone:** 901-523-8990  
**Program Fees:** Based on ability to pay.  
**Program Description:** Class meets third Thursday of every month from 1:00 p.m. to 4:00 p.m. in Room BE 202A- No reservation required. Special services on Great American Smokeout day and annual health fairs. ONLY for eligible veterans and employees. Group Counseling

with individual follow-up available; Supervised Medication Support.

**Program:** American Heart Association  
**Contact:** Joyce Hope  
**Address:** 2170 Business Center Drive,  
Suite 1, Memphis, TN 38134  
**Phone:** 901-383-5400  
**Website:** <http://www.americanheart.org>  
**Program Description:** Provides information, self-help materials and referrals to community resources.

**Program:** Free Quit Smoking Program  
**Organization:** University of Memphis Center for Community Health  
**Address:** 633 Normal St.  
Memphis, TN 38152  
**Phone:** 901-678-1710  
**Program Description:** If you are between the ages of 18 and 65, and want to quit smoking, receive nicotine patches, and get healthier, this may be the program for you.

# Local Resources

## Jackson - Madison County

|                             |  |
|-----------------------------|--|
| <b>Program:</b>             | "Freedom From Smoking"   |
| <b>Organization:</b>        | Jackson/Madison County<br>Health Department                                |
| <b>Address:</b>             | 804 North Parkway<br>Jackson, TN 38305                                     |
| <b>Phone:</b>               | 731-423-3020 ext. 62143  |
| <b>Program Fees:</b>        | Call for information.  |
| <b>Program Description:</b> | "Freedom From Smoking" class<br>is an 8 week smoking<br>cessation program. |

# Statewide Tobacco Cessation Resources

**Program:** Alcohol and Drug Abuse Serv.  
**Organization:** Tennessee Association of Alcohol and Drug Abuse Services (TAADAS)  
**Address:** 1800 Church St, Suite 100  
Nashville, TN 37203  
**Phone:** 615-780-5901  
taadas@taadas.org  
www.taadas.org

**Program Fees:** Call for information  
**Program Description:** Provides an array of publications and information, which can be downloaded or ordered. Items available through the Clearinghouse are available in single copy or limited quantities. Some of the items are available in an electronic format so that you can print directly from a computer.

**Program:** Tobacco Use Prevention and Control Program  
**Organization:** Tennessee Department of Health  
**Address:** 425 5th Avenue North  
Nashville, TN 37247  
**Contact:** <http://health.state.tn.us/tobaccoquitline.htm>  
and  
<http://health.state.tn.us/smokefree/tennessee/index.htm>  
**Phone:** 615-741-0380  
**Program Description:** Call for information.

**Program:** State of Tennessee Employee Wellness Program  
**Organization:** Tennessee Department of Finance and Administration  
**Address:** Tennessee State Capitol,  
Nashville, TN 37243-0285  
**Contact:** [www.state.tn.us/finance/ins/wellness](http://www.state.tn.us/finance/ins/wellness)  
**Phone:** 615-532-3671 or  
1-866-576-0029

**Program Description:** A worksite wellness program designed to improve state employee health and well being by focusing on the mind and body to assist in improving the health of state employees.

**Organization:** American Lung Association of Tennessee  
**Address:** One Vantage Way,  
Suite C-250  
Nashville, TN 37228  
**Phone:** 1-800-432-5864  
**Contact:** [www.lungusa.org](http://www.lungusa.org) (click on Local ALA for Tennessee)

**Program Description:** ALA has many tobacco and smoking brochures which can be ordered free of charge or some require a small fee. Orders can be placed online and to home address.

**Organization:** American Heart Association Southeast Affiliate  
**Address:** 1818 Patterson St.  
Nashville, TN 37203  
**Phone:** 615-340-4100  
1-800-257-6941  
1-800-AHA-USA1  
**Program Description:** Call national toll-free number for information and free brochures.

**Program:** American Cancer Association  
**Address:** 2008 Charlotte Avenue  
Nashville, TN 37203  
**Phone:** 615-327-0991  
1-800-ACS-2345  
1-800-227-2345  
**Program Description:** Call national toll-free number for information and free brochures.



# National Tobacco Cessation Resources

**Program:** Quit Smoking  
**Organization:** Agency for Healthcare Research and Quality, US-DHHS  
**Address:** 540 Gaither Road, Rockville, MD 20850  
**Contact:** <http://www.ahrq.gov/consumer/index.html#smoking>  
**Phone:** 1-800-358-9295  
**Program Description:** Provides materials on smoking cessation for health professionals and consumers. Mon-Fri; 8 a.m. to 5 p.m.

**Program:** Tobacco Cessation - You can Quit Smoking Now!  
**Organization:** Office of the Surgeon General, US Department of Health and Human Services  
**Website:** [www.surgeongeneral.gov/tobacco/default.htm](http://www.surgeongeneral.gov/tobacco/default.htm)  
**Program Description:** Provides information on quitting tobacco for consumers and health care professionals.

**Program:** Smoking and How to Quit  
**Organization:** National Women's Health Information Center, US-DHHS  
**Contact:** [www.4women.gov/quitsmoking/index.cfm](http://www.4women.gov/quitsmoking/index.cfm)  
 1-800-994-9662  
**TDD:** 1-888-220-5446  
**Program Description:** Provides information and support to help women quit tobacco.

**Program:** Smoking Cessation  
**Organization:** Office on Smoking and

Health, Centers for Disease Control and Prevention  
**Contact:** [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)  
**Address:** Mail Stop K-50  
 4770 Buford Highway, NE  
 Atlanta, GA 30341-3724  
**Phone:** 1-800-CDC-1311  
 1-800-232-1311  
**Program Description:** Offers a wide variety of information concerning smoking cessation and cancer prevention. Call for information or referral to other resources. CDC offers a wide variety of resources, programs, materials that can be printed directly from their Web site. Other information can be ordered free of charge.

**Program:** Office of Smoking and Health  
**Organization:** Centers for Disease Control and Prevention  
 Tobacco Information and Prevention Source (TIPS)  
**Contact:** [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)  
**Phone:** 1-800-CDC-1311  
 [1-800-232-1311]

**Organization:** American Heart Association  
**Contact:** [www.americanheart.org](http://www.americanheart.org)  
**Phone:** 1-800-AHA-USA1 [1-800-242-8721]

# National Tobacco Cessation Resources (continued)

**Organization:** American Cancer Society  
**Contact:** <http://www.cancer.org/>  
**Phone:** 1-800-ACS-2345  
[1-800-227-2345]

**Organization:** National Institute of Health  
**Contact:** [www.Chewfree.com](http://www.Chewfree.com)  
**Program Description:** An interactive online program for those who dip and chew tobacco.

**Organization:** American Lung Association  
**Contact:** <http://www.lungusa.org/>  
**Phone:** 1-800-LUNG-USA  
[1-800-586-4872]

**Program:** Nicotine Anonymous  
**Organization:** Nicotine Anonymous  
**Contact:** [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)  
**Program Fees:** No fee.  
**Program Description:** Welcomes all those seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids. The primary purpose of NA is to help all those who would like to cease using tobacco and nicotine products in any form. The fellowship offers group support and recovery using the 12 steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine.

**Program:** Guide to Quitting Smoking  
**Organization:** American Cancer Society  
**Contact:** [www.cancer.org/](http://www.cancer.org/) or  
[http://www.cancer.org/docroot/PED/content/PED\\_10\\_13X\\_Guide\\_for\\_Quitting\\_Smoking.asp?from=fast](http://www.cancer.org/docroot/PED/content/PED_10_13X_Guide_for_Quitting_Smoking.asp?from=fast)

**Program Fees:** No fee.  
**Program Description:** An online planning guide to help smoker quit. Provides information on what a tobacco user needs to know to quit smoking and tips for family and friends to help a smoker quit.

**Program:** The Quitnet  
**Organization:** Healthways Quit, Inc.  
**Contact:** [www.quitnet.org](http://www.quitnet.org)  
**Program Fees:** No fee.  
**Program Description:** Quitnet offers smokers a variety of resources including:  
· interactive tools and questions for people thinking of quitting;  
· quitting guides;  
· a library on cessation;  
· online chat sessions with other people trying to quit;  
· news updates on Tobacco Issues; and  
· links to other Web sites.

**Program:** Freedom From Smoking

# National Tobacco Cessation Resources (continued)

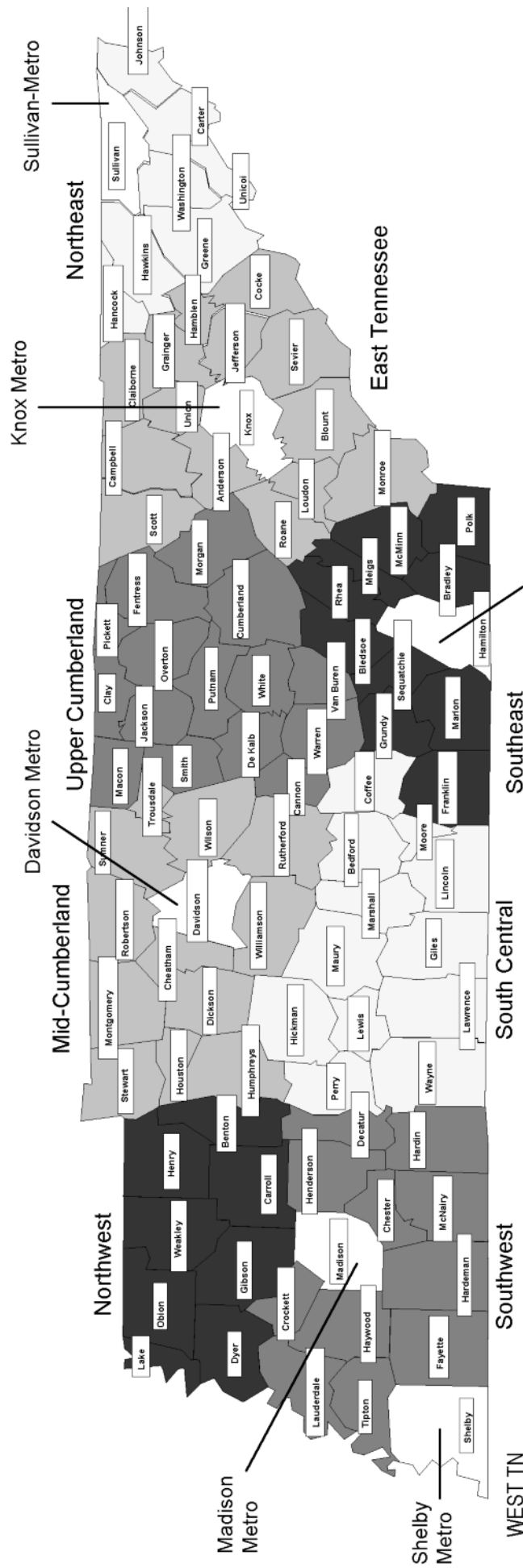
**Organization:** Online Cessation Program  
**Contact:** American Lung Association  
[www.lungusa.org](http://www.lungusa.org)  
**Program Fees:** No fee.  
**Program Description:** Freedom From Smoking  
Online is ALA's popular smoking cessation program now offered online. The American Lung Association website contains a wealth of information on topics such as the health effects of tobacco use, quitting self help materials, data and statistics, etc.

**Program:** Committed Quitters Online Program  
**Organization:** GlaxoSmithKline  
**Contact:** [www.committedquitters.com](http://www.committedquitters.com)  
**Program Fees:** No fee.  
**Program Description:** Committed Quitters is a unique approach to quitting the smoking habit. It is a multi-week plan to help you quit smoking for good. Committed Quitters Online works because it's tailor-made to the individual. You're a person with abilities, talents, and needs that are different from everyone else. As a CQ member, you'll get materials that are different from everyone else's - because what you need to help you quit smoking is unique to you.

**Program:** Quit Smoking  
**Organization:** National Cancer Institute  
**Contact:** [www.smokefree.gov](http://www.smokefree.gov)  
**Phone:** 1-800-QUIT-NOW or

**Program Fees:** 1-877-44U-QUIT  
No fee  
**Program Description:** Allows a person to choose the help that best fits their needs. Get immediate assistance in the form of:  
· an online step-by-step cessation guide;  
· local and state telephone quitlines;  
· NCI's national telephone quitline;  
· NCI's instant message service; and  
· publications, which may be down-loaded, printed or ordered.

**Program:** Quit Tobacco: Make Everyone Proud  
**Organization:** US Department of Defense  
**Address:** 11420 Rockville Pike,  
Rockville, MD 20852  
**Contact:** [www.ucanquit2.org](http://www.ucanquit2.org)  
**Phone:** 1-800-694-4747 ext.4818  
**Program Description:** Quit Tobacco - Make Everyone Proud is an educational campaign for the US military personnel and their families to help US service members quit tobacco - for themselves and for the people they love.



WEST TN

Benton

Carroll

Chester

## Crocket

Decatur

Diver

Eavette

Cibcon  
Layelle

Hardom

Hal Qelili  
Hondis

Harain

Haywood

Henders

Henry

Lake

Lauderco

McNairy

Obion

Tipton

Weakley

(27)

# Tennessee Department of Health Regional Map

# For Further Information Contact

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## **Tennessee Department of Health Tobacco Use Prevention and Control Program**

Family Health and Wellness Section  
Cordell Hull Building, 5th Floor  
425 5th Avenue North  
Nashville, TN 37243-5210  
Phone: 615-741-0380  
Fax: 615-532-8478



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